

# THIS IS FORTY

## DISCUSSION QUESTIONS

- 1. In reflecting on Isaiah 40, where it says, "those who hope in the Lord will renew their strength; they will soar on wings like eagles," how can we draw parallels between an eagle's flight and our spiritual resilience? What does it mean to you to soar on wings like eagles in your own faith journey? (Isaiah 40:31)**
- 2. Consider the nurturing yet challenging behavior of the mother eagle as she teaches her eaglets to fly. How does this imagery help us understand God's way of encouraging us to grow and become independent in our spiritual lives? (Deuteronomy 32:11)**
- 3. Share a time when you felt pushed out of your comfort zone in your spiritual walk. How did this experience help you to 'spread your wings' and grow in your faith? Discuss the ways God may use uncomfortable situations to teach us and strengthen our trust in Him.**
- 4. The sermon touched on the importance of being part of a faith community, such as Cultivate Church. Discuss the value of being part of a smaller, committed church family. How can each member contribute to the church's mission, even if they feel weary or limited in resources?**
- 5. Reflect on the idea of 'Eagle Christians,' those who wait on God and harness the wind of His spirit. How can we practice extending our wings in faith and trust, to soar on the currents provided by God rather than relying on our own efforts? (Isaiah 40:29-31)**
- 6. The sermon mentioned that God's support and strength are everlasting. How can this assurance help us not to grow weary in our service and spiritual revival? In what ways can we encourage each other to wait upon the Lord for renewed strength? (Isaiah 40:28-31)**
- 7. Discuss the metaphor of the eagle and the storm. How can facing life's storms with faith help us rise above challenges? What does it mean to use the storms in our lives to lift us to new heights, as the eagle does?**
- 8. Explore the multifaceted meaning of 'Ruach' in Hebrew and 'Pneuma' in Greek, both translating to 'wind,' 'spirit,' and 'breath.' How can understanding these terms deepen our connection with the Holy Spirit and our ability to discern where God's spirit is leading us? (John 3:8)**